

## A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

# HANOVER HAPPENINGS

**JULY/AUGUST 2013**

### HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.  
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

### July and August Message From the Director

It is hard to believe that three years have already passed since our doors opened at 665 Center St. Great progress has been made these past few years. Activities and programs have expanded and attendance has surged. Due to the rapid growth more changes are anticipated. Some programs may wind down and will be replaced with more current and requested activities.

**Changes.....**You will notice this newsletter is for both July **and** August. There will be occasional newsletters coupled such as this one.

**New Programs.....**Arts for All Ages including summer concerts, Chair Massage, Bid Whist and Hearing Tests.


**Off for the summer.....**The following programs are on vacation for the summer: Book Club, Bereavement, Men's Discussion, and Exercise with Chris. Check our September bulletin for the fall resumption of these activities.


**No longer.....** Harbinger Tea and VOICES and Harvest Fest  
**And...The Town has a new website!**

The months of July and August I honor all those open, willing and patient to change.  
Robyn

***"Progress is inevitable, growth is optional"***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING SHAW'S CUSHING &amp; OTHERS</b>	<b>2</b> 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR 1:00 BID WHIST <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b>	<b>3</b> 9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	<b>4</b> <b>CENTER CLOSED FOURTH OF JULY</b> 	<b>5</b> 8:00 ACUPUNCTURE (By Appt) 8:00 FOOT CLINIC (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE "GUILT TRIP" <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>8</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 12:00 Hearing Tests (By appt) 1:00 DÉCO ART CLASS <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>9</b> 9-12 SHINE (By Appt) 9-12 BEAUTY SALON (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST <b>PM SHOPPING KOHL'S/ STOP&amp;SHOP</b>	<b>10</b> 9:30 YOGA <b>10-12 CHAIR MASSAGE</b> (By Appt) 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG/	<b>11</b> 10:00 Bowling 10-12 ASK A LAWYER (By Appt.) 12:00 LUNCH 1:00 BRIDGE <b>PM MALL SHOPPING</b>	<b>12</b> 8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>15</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>16</b> 9:00 BLOOD GLUCOSE 9-12 BEAUTY SALON (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR 1:00 BID WHIST <b>PM SHOPPING JOB LOT ROCKLAND/STOP &amp; SHOP NORWELL</b>	<b>17</b> 9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	<b>18</b> 10:00 Bowling 12:00 LUNCH <b>12:30 HANOVER GARDEN CLUB</b> 1:00 BRIDGE <b>PM MALL SHOPPING</b>	<b>19</b> 8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE "TROUBLE WITH THE CURVE" <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>22</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>23</b> 9-12 SHINE (By Appt.) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST <b>PM SHOPPING HANNAFORD</b>	<b>24</b> 9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	<b>25</b> 10:00 Bowling <b>12:00 PLOW &amp; ANCHOR</b> 1:00 BRIDGE <b>PM MALL SHOPPING</b>	<b>26</b> 8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>29</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b>	<b>30</b> 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST <b>1:00 ICE HARVESTING LECTURE</b> <b>1:30 ICE CREAM SOCIAL</b> <b>PM TARGET/DOLLAR TREE</b>	<b>31</b> 9:30 YOGA 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/MAH JONG	<b>JULY 2013</b> REMEMBER SUNDAY CONCERTS JULY 7TH & 21ST	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AUGUST 2013</b>  <b>REMEMBER SUNDAY CONCERTS &amp; 18TH</b>  			<b>1</b>  10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE  <b>PM MALL SHOPPING</b>	<b>2</b>  8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE "SAFE HAVEN"  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>5</b>  8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b>	<b>6</b>  9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST 1:00 WATERCOLOR  <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b>	<b>7</b>  9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG/	<b>8</b>  10:00 BOWLING 10-12 ASK A LAWYER (By Appt.) 12:00 LUNCH 1:00 BRIDGE  <b>PM MALL SHOPPING</b>	<b>9</b>  8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>12</b>  8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 12:00 HEARING TESTS (By Appt.)  1:00 DÉCO ART CLASS  <b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b>	<b>13</b>  9-12 SHINE (By Appt) 9-12 BEAUTY SALON (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST  <b>PM SHOPPING KOHL'S/ STOP&amp;SHOP</b>	<b>14</b>  9:30 YOGA 10-12 CHAIR MASSAGE (By Appt) 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	<b>15</b>  10:00 BOWLING <b>12:00 PLOW &amp; ANCHOR</b> 1:00 BRIDGE  <b>PM MALL SHOPPING</b>	<b>16</b>  8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE "PLAYING FOR KEEPS"  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>19</b>  8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b>	<b>20</b>  9:00 BLOOD GLUCOSE 9-12 BEAUTY SALON (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST 1:00 WATERCOLOR  <b>PM SHOPPING JOB LOT ROCKLAND/STOP &amp; SHOP NORWELL</b>	<b>21</b>  9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	<b>22</b>  10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE  <b>PM MALL SHOPPING</b>	<b>23</b>  8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>26</b>  8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b>	<b>27</b>  9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST  <b>PM SHOPPING HANNAFORDS</b>	<b>28</b>  9:30 YOGA 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/MAH JONG	<b>29</b>  10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE  <b>PM MALL SHOPPING</b>	<b>30</b>  8:00 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>

## **Seniors Miss Out On Benefits**

Millions of older Americans on limited incomes struggle to pay their prescription, health care, food, and energy costs. The Medicare Improvements for Patients and Providers Act (MIPPA) was created to help seniors on a fixed budget. One of the programs supported by MIPPA is Serving the Health Insurance Needs of Everyone (SHINE), which helps people on Medicare apply for Medicare Part D (drug coverage) and the Extra Help/Low-Income Subsidy (LIS) as well as Medicare Savings Programs (MSPs). The Social Security Administration says the value of the Part D Low Income Subsidy is around \$4,000/yr. The Medicare Savings Programs saves at least \$1,200/yr, and the annual benefit for seniors under Supplemental Nutrition Assistance Program (SNAP) is \$1,428/yr.

Over 32,000 Medicare beneficiaries today in Massachusetts are eligible for, but not receiving, the Low-Income Subsidy (LIS/Extra Help), which helps pay for prescriptions. Additionally, two-thirds of the people who could be getting food assistance (SNAP) are not getting it.

Across Massachusetts, SHINE counselors have helped people with Medicare select plans and apply for programs that save them thousands of dollars. People 65 and older, as well as people with permanent disabilities under the age of 65, and caregivers providing support for a chronically ill loved one have been helped by SHINE counselors. Here are just a few examples:

A woman in the Malden area was spending hundreds of dollars on health care and buying food with a credit card because she had no money left over. The counselor helped her to qualify for Mass Health, which saved her over \$300 a month.

In Boston, a counselor helped a senior sign up for LIS. In less than two weeks, she said that her medications were significantly lower in cost. The counselor also signed her up for a Medicare Savings Program, saving her nearly \$100 a month in Part B premiums. And, through a referral to a Benefits Specialist, the woman received help applying for food stamps.

## **MONTHLY HEARING TESTS**

Patricia Wilbur of Affordable Hearing Aid, LLC of Raynham will come to the Hanover COA for free monthly hearing exams. She will come the 2nd Monday of the month at noon. Call to make a reservation at 781-924-1913.

## **Senior Benefits continued.....**

A man in the Burlington area called SHINE saying he couldn't afford his generic gout medication because it is now a brand name drug, and the generic is no longer available. After some research, the counselor found that he could probably qualify for help from the drug manufacturer. The counselor helped the man with the application and he got a year's supply of the medication totally free.

To find out if you qualify for any of these health or nutrition programs, call toll-free 1-800-AGE-INFO (1-800-243-4636), then press "3" to be connected to SHINE.

## **Attention World War II Veterans!**

For those who served during the Second World War, an organization dedicated to honoring Veterans provides a day long visit to the monuments in our nation's capitol at no cost to the Veteran.

Honor Flight New England; Tel: 1-877-992-8387 or [www.honorflightnewengland.org](http://www.honorflightnewengland.org) provides a charter flight to Baltimore, Maryland and from there a bus to Washington, D.C. A Veteran must be accompanied by an escort, normally a family member. The escort does pay for the plane ride about \$400. Food is provided.

Visits to the World War II memorial, Vietnam and Korea are on the itinerary. In addition, they visit Arlington National Cemetery and observe the "changing of the guard" at the tomb of the Unknown Soldier. Other stops, as time permits, may also be included.

It is a long day. Parking at Logan is provided free by the State Police. The plane leaves about 8 AM and does not return until about 10 PM. Veterans in wheel chairs are welcome.

Veterans of Korean and Vietnam are also welcome but WWII Veterans take priority.

If you have questions about your military or Veterans benefits, please contact Mike Thorp, Hanover Veterans' Service Officer, located at town hall, 781-829-0968.

## **PLOW AND ANCHOR**

Join us on Thursday July 25 at noon for hot dogs and baked beans and again on August 15 at noon for a cookout featuring grilled hamburgers. Fee is \$5.00, reservations required.





## ARTS FOR ALL AGES

**Sponsored  
By  
Hanover Park/ Recreation  
and  
Hanover Council on Aging**



This year's Summer Bandstand Concerts has a new name, new look and a new location at Hanover Senior Center, 665 Center St. (among the pines)  
The Hanover Park & Recreation will partner with the Hanover Senior Center to offer an exciting series titled **Art for All Ages.**

Something for everyone.

Location: Hanover Senior Center, 665 Center St,  
Hanover, MA 02339

This year, along with lively music, there will be a juried art show, art exhibits by children as well as seniors, 60 second skits, face painting and chalk art for kids. Raffles, Prizes, hot dogs, cold drinks, snacks and oh, yes, bathrooms will be available.

### **FREE TO PUBLIC!**

RAIN OR SHINE! (We are air conditioned if too hot and humid)

Bring your own chair.

The senior Van is available for seniors.

### **Concert Schedule:**

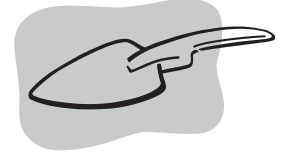
Sunday, July 7, Dixie Diehards 6:00 to 8:00 PM

Sunday, July 21, Rusty Skipper 6:00 to 8:00 PM

Sunday, August 4, Desperate Measure, 6:00 to 8:00 PM

Sunday August 18, Grupo Fantasia, 6:00 to 8:00 PM

## **HANOVER GARDEN CLUB INTRODUCES SUZANNE MAHLER**



The COA in conjunction with the Garden Club will be having a presentation that should be both interesting and educational for lovers of beautiful gardens.

Suzanne will be our guest speaker. Suzanne is an avid gardener, photographer and lecturer who has been developing the 1.5 acre property surrounding her home in Hanover for more than 30 years. Her weekly gardening column "Green Thumbs Up" has appeared in *GatelHouse Media New England* newspaper for more than a decade. She is a member of a local garden club, past president of the New England Daylily Society, an overseer for the Massachusetts Horticultural Society and is employed at a garden center.

Please join us Thursday, July 18 at 12:30 PM.

Reservation Required by calling: 781-924-1913

## **ICE HARVESTING**

Les Molyneaux sat down with George Cavanagh at his business in the King Street Industrial Park on July 30, 1987 and videotaped George describing the history of ice harvesting on Hackett's Pond. George has a good memory and was an excellent story teller too! Not only will you learn about the process of ice harvesting, you will also hear about some of the folks who lived and worked in North Hanover--he even tells who the prettiest girl in North Hanover was! This is the first showing of the rare video made 26 years ago!! We will have the tools used in ice harvesting on hand for you to see and some nice cool ice cream to enjoy afterwards.

Please join us on Tuesday, July 30 at 1PM

Make your reservation, call 781-924-1913

## **WISH LIST**

The items on our wish list for the months of July and August are:

DECAF coffee (we have plenty of the regular), diet COKE or diet PEPSI (caffeine free). As always we are both grateful and appreciative of your generosity.



**ART MATTERS**

July 26, 2013 - 1:00 P.M.

August 23, 2013 - 1:00 P.M.

The July event is a presentation of **Rembrandt & Vermeer**. Two of the greatest painters the world has known. Two brilliant artists, opposite in their artistic styles, but whose lives were noted for their tragic struggles and financial failures. Enjoy the drama of Rembrandt and the unique quiet of Vermeer. Take an Art Matters hour and connect to the masters. The August subject is **Pierre Auguste Renoir**—one of the most popular of the impressionist painters, Renoir was the romantic of the group. His paintings celebrate life and love. “I wish to lend joyousness to a wall!” His life did not mirror his reliably happy images, filled with music, dancing and dappled sunlight. He was socially nervous, and later severely handicapped with arthritis. Join us in celebration of these artists in July and August.

**Please call 781-924-1913 for reservation.**

Donation: \$2.00

### A BIG THANK YOU,

### RECOGNITION, GRATITUDE AND HONOR

To our Harbinger Tea Contributors. With appreciation for the help and service of our monthly tea. We extend our thank you to Joan Picard, Barbara Rasmesen, Mary Wilkinson, Shirley Cavanagh and Jean Hermitage. Our appreciation to Joyce Wilson, Nancy Lester, Dawn Rivers and George Shanahan for participating in a CPR class taught by James Gallagher of the Hanover Fire Department. We know this certification is valuable to both our Hanover Senior Center and its clients and gratitude to Linda Hickey, Dottie McDonough, Bernadette Armstrong, Al Sullivan, Louise Tanderes, Karen Bradford, Joan Dubois, Dot Quinn, Marianne Keiley, Joe & Mary McLaughlin, Dottie McDonough and Linda Hybertson for their product donations and a special title appreciation to Tom Young for his many years of service on the Friends of the Hanover Council on Aging board.

**NEW & RENEWED FRIENDS:**

Yedviga Zaleski---Caroline Taylor---Regina Campbell---  
Patricia Gerrish---William & Claire Flynn---Patricia Montgomery---Zotea rock GDNS---Elaine Davis---  
Lorene Warner---Joseph & Kathy DiSabato---  
Eugene & Edna McNutty---Sheila & J. P. Valicenti---Dorothy Struble---Betty Ingle---Janice Connolly

**IN MEMORY:**

Lorraine Briggs by Maxine Crehan  
Dr. A. Peter Davis by Marie Martucci  
Angelo Petrucci by Agnes Petrucci  
Jim Carley, Sr. by Pat Carley  
Donald Hayes by Beverly Hayes  
Rena Kalowes & Frances Sweeney by Delores Hannon  
Robert Ellstrom by Marjory Ellstrom  
Chester Baker by Patricia Baker  
John Spada by Mary Spada  
Sid DeBoer by Marilyn DeBoer

### COMING ATTRACTIONS on TRAVEL FRIENDS of the HANOVER COA PRESENTS:

#### Lobster bake & Shopping

#### Scarboro, Maine

**Wednesday, August 14th, 2013**

**\$75.00 per person**

Privately Chartered, lavatory-equipped, 50+ passenger luxury motor coach. Clambake Restaurant-Entrée choice of-Maine Lobster or Chicken, all served with Caesar salad, chowder, steamed clams, potato, Cole slaw, dessert, coffee or tea. Nest Duck gift shop, Shopping in Kennebunkport.

#### HYANNIS CRUISE &

#### GRAND BUFFET

#### FALMOUTH, MA

**WEDNESDAY, JULY 17, 2013**

**\$69.00 per person**

#### Luxury Motor Coach

#### One-hour Harbor Cruise—Buffet Lunch

Enjoy a Buffet Lunch in Falmouth then sail on a scenic cruise around Hyannis Harbor. Learn Hyannis history, landmarks include the Kennedy Compound. Then stroll the waterfront, JFK Museum/Memorial and many other interesting sights in Hyannis.

For Reservation & Information, **Please contact:**

Dot Quinn @ 17 Briscos Plain, Hanover, MA.

TEL: 781-829-4241

**Council On Aging Staff**

Robyn Mitton,  
*Elderly Services Director*

Joyce Wilson,  
*Assistant Director*

Katie O'Brien  
*Transportation/Volunteer  
Coordinator*

Dawn Rivers,  
*Nutrition Manager,*

Nancy Lester,  
*Activity Coordinator  
SHINE Counselor*

George Shanahan,  
*Van Driver*

Jim Palana, *Van Driver*

Donald Buckley,  
Chairman

Eleanor Kimball, Treasurer

Joan Picard

James Gallant  
Elmont Mickunas

Richard Farwell

Claire Flynn

**Hanover Council on Aging**  
**665 Center Street**  
**Hanover, MA 02339**

PRE-SORT STD  
U.S. POSTAGE

**PAID**

HANOVER, MA 02339  
PERMIT #51

## **FRIENDS OF THE HANOVER COUNCIL ON AGING**

**Please make checks payable to Friends of Hanover COA and mail to:**  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2013.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

I would like to make a donation to the Friends of the Council on Aging:

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement of: \_\_\_\_\_

**Friends**

*Dot Quinn,*  
*President/Treasurer*

*Elaine Crowley*  
*Vice President*

*Judy Barca*

*Margaret Rooney*

*Doreen Giordano*